

Jan - May 2018

St. Pete Beach Recreation

Program Guide



7701 Boca Ciega Drive
www.spbrec.com 727-363- 9245



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Hours of Operation

Community Center

January– May

Mon- Fri: 7am-8:30pm

Sat: 9am-1pm

Sun: Closed

Aquatic Center

January 1– April 1

Adult Lap Swim

Mon- Fri: 7am-11am

Tue- Thu: 11am-12pm (limited lanes)

Mon- Fri: 3-6pm (limited lanes)

Public Swim

Mon & Fri: 11am-1pm

Tue- Thu: 11am-12pm

Mon- Fri: 3-6pm (activity pool only)

Sat: 10am-3pm

Aquatic Center Closures: Jan 1, Jan 15, Feb 19, April 1

Community Center

Holiday Closures

New Year's Day– Jan 1

MLK Day– Jan 15

President's Day– Feb 19

Memorial Day– May 28

April 2– May 27

Adult Lap Swim

Mon & Fri: 7am– 11am

Tue- Thu: 7am-10am (limited lanes)

Mon- Fri: 11am-6pm (limited lanes)

Public Swim

Mon- Thu: 11am-4pm

Fri: 11am-6pm

Sat: 10am-3pm

Sun: 12pm-3pm

American with Disabilities Act

The City of St. Pete Beach strives to make its programs, services and activities accessible to qualified individuals with disabilities. In that regard, the City will make reasonable modifications to the programs, services and activities outlined in this brochure to ensure accessibility to such individuals. If you feel you need a particular modification to access any service, please call Jennifer McMahon at (727) 363-9274 at least 14 days prior to the first day of class for an assessment. We encourage all individuals to receive the benefits of recreation.

Credit Card Fee

All credit card transactions are subject to a 2.5% processing fee. No credit cards will be accepted for transactions under \$10.

Photo Policy

Photographs taken by the City of St. Pete Beach at programs and events are often used in marketing material including print, social media and web. If you do not wish to be photographed or have a family member photo-graphed, please let the photographer or a city staff know in advance. The photos are to be used solely for the City of St. Pete Beach's publications. All rights reserved.

Aquatic Center

Admission Fees

DAILY

\$3 Adult

\$2 Youth/Senior

PUNCH CARD

(20 Swim Passes)

\$50.00 Adult

\$30.00 Youth/Senior

YEAR-ROUND PASS		
	Resident	Non-Resident
Adult	\$192.60	\$219.35
Youth & Senior	\$144.45	\$165.85
Six-Month Pass		
	Resident	Non-Resident
Adult	\$107.00	\$133.75
Youth & Senior	\$80.25	\$101.65

Training

Lifeguard Classes- 15 years and older

Participants must complete a pre-test in order to continue in the class. The pre-test consists of treading water for 2 minutes using legs only, swimming 300 yards without stopping and swim 20 yards, surface dive and retrieve a 10 pound brick from bottom, resurface and swim back to the starting point and exit pool.

Date: I: Jan 2-5 **Time:** 8am-4pm

II: March 26-29

III: April 21, 22, 28, 29

IV: May 19, 20, 26, 27

Fee: \$200

Water Safety Instructor- 16 years and older

This is a blended learning course, combining online study and in class/pool work. Attendance at each class is mandatory. Participants will master the skills & knowledge to teach ARC swim lessons. Certification valid for 2 years. Students must complete a pre-requisite swim skills test consisting of: 25 yards in front/back crawl, elementary backstroke, breaststroke, and sidestroke; 15 yards butterfly; tread water & back float for 1 minute.

Date: I: March 26-30 **Time:** 8am-4pm

II: April 7, 8, 14, 15, 21, (28 rain date if needed)

Fee: \$225 & \$35 ARC registration fee

Classes

Aqua Zumba- All Ages

Aqua Zumba allows you to get a great workout but also makes it fun. Just like the regular Zumba format, Aqua Zumba uses dance and fitness moves to the background of fun, up-beat music.


Date: Fri: 11am-12pm

Fee: \$6 

Sat: 10:15-11:15am


Aquatic Fitness Class- All Ages

Join us for a fun and invigorating exercise session. Aquatic Fitness offers a great muscle toning and cardio workout with the benefits and support of water.

Date: Mon/Tues/Wed: 11am-12pm **Fee:** \$6 

Aquatic Yoga- Teens & Adults

Aqua yoga has all the benefits of land-based yoga such as stress reduction, better body awareness, and increased flexibility. Being in the water adds an increase in your range of motion, decompresses your spine, reduces the weight on your joints and is accessible to everyone. Come have fun and limber up your body and mind.

Date: Thu: 11-11:45am **Fee:** \$8 

St. Pete Beach Masters

Maintain a healthy physical condition and positive mental well-being, enhance and revitalize fitness regimens or train for a special event. New members are accepted throughout the year. The team invites all swimmers to attend a practice and learn more about St. Pete Beach Masters.

Date: Mon & Thu: 5-7am **Fee:** \$40 month or \$5 drop in


Complete Aquatic Work Out- 16 years and older

With Norma

This class is designed for a complete work-out using the natural resistance of the water and aided by resistance bells. The class offers stretching, toning, range of motion, balance, strength training, and aerobics, and oh yes, FUN! It is designed for swimmers and non-swimmers alike, and is conducted in both shallow and deeper water (noodles are used) for a total body experience. If air temperature is below 75° please call ahead to insure class will be in session.

Date: Tue, Wed & Thurs: 12:15- 1pm

Starting April 2: Tue, Wed & Thurs: 10-10:45am

Fee: \$6 



All classes with this symbol are offered free to SilverSneakers and Optum members.



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PeeWee Sports - 3-5 years old

Our peewee sports programs are designed to introduce sports to your child. These fun co-ed classes teach the fundamentals of baseball, soccer, and basketball. Each session, staff will help to coach your youngster using games, drills and lots of fun. These programs are ideal in keeping your little one active and moving.

Date: Thu: 6-6:30pm **Fee:** \$20 (*\$15 for 3 week session)

Sessions: Jan 11-25 Soccer*

Feb 1-22 Basketball

Mar 1-22 T-Ball

Apr 5-26 Multi Sports

Pickleball - 18 years and older

This racquet sport is played by 2 or 4 people on a badminton-sized court using wood, or composite paddle racquets and a plastic, poly baseball with holes. (Closed: Jan 2, Jan 16, Feb 20, May 28)

Date: Mon & Tues: 6-8:30pm **Fee:** \$3

Mon- Thu: 9:30am-12:30pm

Fri: 9:45am-12:30pm

Tae Kwon Do - 6 years and older

Learn this form of martial arts in a fun and a safe manner. This class is traditional and Olympic style Martial Arts from Korea taught by Grandmaster "J" – 9th Dan Black Belt in the art of Tae Kwon Do.

Date: Wed: 5:20-6:20pm **Fee:** \$40 per month/1st class free

Superkicks Karate

Mini-Kicks - 4-6 years old

Pre-skills program to help students build skills necessary to join the basic karate program. Advancement is based on time served.

Date: Tue/Thu: 5:30-6:00pm **Fee:** \$59.00 per month

Beginners Karate - First grade and up

This is the basic skills class to act as a gateway course to the Advanced Program. Advancement is based on both time served and skills acquired. Ranks include White, Yellow and Gold.

Date: Tue/Thu: 6:00-6:45pm **Fee:** \$69.00 per month

Advanced Karate

This program is designed to earn a Black Belt and higher Black Belt Ranks. Advancement is based on time served and skills acquired. Ranks include Orange, Green, Blue, Purple, Red, Brown and Black. Each belt has a written curriculum.

Date: Tue/Thu: 6:45-7:45pm **Fee:** \$79.00 per month

Table Tennis - 16 years and older

Come and play this fun and competitive sport. (Closed: Jan 1, Jan 15, Feb 19, Mar 28)

Date: Mon: 5:30-8:30pm

Fee: \$4 per visit; \$2 per visit for Sunrise Table Tennis Club

Fitness

Body Overhaul - Adults

A program suited for seniors or those who need assistance with injury recovery and prevention. Includes muscle strengthening utilizing chair and low impact aerobic workout all while having a great time in a mutually supportive environment. (Closed: Jan 1, Jan 15, Feb 19, May 26)

Date: Mon & Thu: 9:30-10:30am **Fee:** \$6

Cardio Bodyworks - 16 years and older

This class integrates a variety of cardio, body conditioning exercises and fun together. Plus core and stretching exercises too. Will improve strength, balance and flexibility. Please bring mat, towel & water. (Closed: Jan 1, Jan 15, Feb 19, May 28)

Date: Mon & Wed: 8:30-9:30am **Fee:** \$5

Cardio with Angie - Adults

A low impact exercise class which will improve your cardiovascular endurance while having fun making friends. The class will include rhythmic steps, strength and core training.

Date: Wed: 11am-12pm **Fee:** \$3

Fitness Center



Hours

Mon- Fri: 7am- 8:30pm

Sat: 9am- 1pm

Sun: Closed

Fees

Monthly: \$10 SPB Residents
\$16 Non Residents

Daily: \$1 SPB Residents
\$2 Non Residents

We accept SilverSneakers®
and Optum®

Personal Training

Meet your individual fitness goals by booking a session with one of our personal trainers. You schedule the date and time that is convenient to you. They will work with up to 4 people in a session at the same cost, so you can split the cost with your friends! The cost for a one hour session is only \$40.

More information is available at the front desk.

Chair Volleyball- Adults

It's just like volleyball but caters to the activity level of older adults. Socialize while you exercise.

Date: Tue & Thu: 1pm-2:30pm **Fee:** \$3

Line Dancing- Adults

Experience the feeling of accomplishment after successfully mastering a dance. Students develop strength, coordination, and balance while experiencing the joy of dancing. (Closed: Jan 1, Jan 15, Feb 19, May 28)

Date: Mon & Thu: 10:45-11:45am **Fee:** \$6

Qi Gong: Healing Body/Mind/Spirit- Adults

Qi Gong is an ancient Chinese health care system that integrates slow graceful movements, breathing techniques and deep relaxation. Movements can be done either sitting or standing. The practice of Qi Gong improves balance and flexibility while reducing stress. "If you want to be healthy and live to 100, do Qi Gong!--Dr.Oz." (No class Feb 6)

Date: Tue: 9-10am **Fee:** \$5

SilverSneaker® Classic- Adults

Muscular Strength & Range of Movement – incorporates safe, fun & effective movements designed to improve overall functional conditioning and increase strength and flexibility. A variety of support positions with a chair make this a perfect class for fit and active adults as well as those who are new to exercise. (Closed: Jan 1, Jan 15, Feb 19, May 28)

Date: Mon: 9-9:45am **Fee:** \$3
 Tue: 10-11am (ending April 24)
 Wed: 10-11am
 Fri: 9-10am (Jan, Feb, Mar only)
 Fri: 10-11am

SilverSneakers® Yoga- Adults

Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Date: Fri: 11am-11:45am **Fee:** \$3

Strengthen and Lengthen Class- Adults

Pilates style class uses weights, bands, balls and mats for an incredible workout. Classes use basic pilates techniques to stretch and strengthen the whole body. (Closed: Jan 1, Jan 15, Feb 19, May 28)

Date: Mon, Wed & Sat: 8-9am **Fee:** \$4

Zumba with Terri- 16 years and older

Zumba is International music fused with an aerobic workout and basic dance steps to give an hour of a full body workout combined with a party-like yet relaxed atmosphere.

Date: Fri: 8:30-9:30am **Fee:** \$5

Tai Chi & Qigong: Awaken The Healer Within- Adults

Learn to access self healing tools that are easy to use and powerful medicine. Manage and eliminate pain without the use of dangerous addictive opioids drugs, improve balance and reduce risk of falling while slowing and often reversing the impact of aging. Learn how to reduce and manage stress with slow meditative movements, deep diaphragmatic breathing and a quieted mind with focused intention.

(Closed: Jan 1, Jan 15, Feb 19, May 28)

Date: Mon: 11am-12pm **Fee:** \$5
 Thu: 12:30-1:30pm

Toning and Fat Burning- 16 years and older

People of all ages and skill-levels can lose weight and inches while revving up their energy and improving their overall health. Burn & Tone class is like having your own personal trainer without the costly investment. Get healthy and most importantly have fun doing it. (Closed: Jan 1, Jan 15, Feb 19, May 28)

Date: Mon- Fri: 7-7:45am **Fee:** \$5

ZENgevity- Adults

ZENgevity is a safe and gentle movement program designed specifically for ages 50 and better to stay active and enjoy life! More than an exercise program, ZENgevity Fitness is a blend of holistic health, movement and Life Coaching in one supportive. (January only)

Date: Jan Tues: 11am-12pm **Fee:** \$5

Zumba with Magda- 16 years and older

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance fitness class that's moving millions of people toward joy and health. Come join the fun.

Date: Tue: 5:30-6:30pm **Fee:** \$6



Private Lessons on Piano, Accordion & Keyboard

Ages 5- adult: Practice incentives for all students. Fees vary according to lengths of lessons. Available by appointment only at the Community Center on Tue, Wed and Thu or by skype. For further information please call Eileen Mattioli at 727-481-5300 or 727-384-1361.

AARP Safe Driving Course- 50 years and older
AARP Safe Drivers is for drivers 50 and older to refresh their driving skills. Contact Donna Cooper @ (727) 864-9095 to register. (No class in February.)

Date: Jan 17, Mar 21, Apr 18: 9am-3pm

Duplicate Bridge- 18 years and older
Play the world's most popular card game with a fun group of people. Call Betsy at 727-360-9689 ahead of time to reserve your seat. (Closed: Jan 1, Jan 15, Feb 19, May 28)

Date: Mon & Wed: 1-4pm

Intro to Fly Casting- Adults
For info contact Tom Gadacz, thomasgadacz@yahoo.com.

Date: Jan 8, Feb 12, Mar 12, Apr 9, May 14 **Fee:** \$10

Time: 6-8pm **Location:** Egan Field, 9101 Blind Pass Rd

Robotics After School Program- 8 years and older
Learn how to design, program and build a robot using the Lego Mindstorm Robotic kit. If you do not have any experience, you must register for the introductory course first.

(Closed: Jan 1, Jan 15, Feb 19, Mar 26)

Introductory- **Date:** Mon: 4:30-5:30pm

Intermediate/Advanced- **Date:** Mon: 5:30-6:30pm

Sessions: Jan 8-29 (no class Jan 15) Mar 5-19 (no class Mar 26)

Feb 5-26 (no class Feb 19) Apr 2-23*

Fee: \$24 (*\$30)

Social Mah Jongg- Adults
Join this exciting tile game or just come and watch.

Date: Thu: 1-4pm

Workshops

Adult First Aid/CPR/AED- This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion.

Date: I: Feb 28, register by 2/14 **Fee:** \$30

II: April 25, register by 4/11

Time: 10am

"Awaken The Healer Within" Tai Chi & Qigong Easy Interactive Workshop -Adults

Learn how to manage and eliminate pain, super charge your immunity, improve balance and reduce risks of falling while slowing and often reversing the impact of aging. We will learn how to activate The Relaxation Response, off setting the damaging effects of chronic stress. Learn why the National Institutes of Health, Harvard Medical and The Cleveland Clinic recommend learning these techniques for sustaining and improving health as we age. You will leave with new tools to enhance vitality, wellness and longevity.

Date: Feb 8: 12:30-3:30pm **Fee:** \$15

Special Events

Community Yard Sales

Come and shop over 75 vendors at the Community Center. Someone's trash is another's treasure. Call 363-9245 for more information. Vendor space is limited.

Date: Sat, Jan 20: 8am-12pm

Beach Clean Up

Semi-Annual event held at Upham Beach. Join us to help beautify our local beach.

Date: Sat, Mar 17: 9-11am **Fee:** Free

Location: Upham Beach Concession stand

Family Fun Days at the Pool

Come and enjoy music, family fun, slides, pool basketball, games, prizes and much more. This is a family friendly event. Regular admission applies for entry in the event.

Date: Sun, May 13: 12-3pm

Fee: \$3 adults, \$2 youth/senior

Music in the Afternoon

Enjoy live music, dancing, refreshments, and great company on a Sunday afternoon.

Date: Sun: Jan 28, Feb 25, Mar 25: 2-4pm

Fee: FREE

Underwater Egg Hunt and Spring Festival

Dip and Dive for Easter eggs in the pool and stay and play afterwards. Be sure to walk next door to the park for the Spring Festival!

Date: Sat, Mar 31: 10am-12pm

Fee: \$5 (includes re-entry to pool after the event)

Senior Excursions Saturdays

Cost is \$15 per person. Cost covers transportation only. All admission or lunch are extra and the responsibility of the participants.

Time of trips are 9am - 4pm.

Jan 6: Tarpon Springs: Epiphany Celebration and Sponge Docks +++

Jan 13: Tampa Outlets ++

Jan 20: Ringling Museum ++ (additional \$20 admission charge)

Jan 27: Dade City Kumquat Festival +++

Feb 3: TECO Manatee Viewing and Channelside Drive ++

Feb 10: Florida State Fair ++ (additional fee for admission)

Feb 17: St. Armands Circle ++

Feb 24: Ybor City and the Columbia Restaurant ++

Mar 3: Florida Strawberry Festival ++ (additional fee for admission)

Mar 10: Ellenton Outlets ++

Mar 24: Bok Tower Gardens +++ (additional admission fee)

Mar 31: Tampa Cuban Sandwich Festival ++

Mobility Rating Guide- For those with limited mobility, you will find a symbol by each trip.

+ Door to door destination ++ Continuous standing & walking +++ Stairs, incline and distance

Lunch & Learn Wednesdays

Join us on the following Wednesdays from 12-1pm for our free lunch and learn series. Lunch will be provided. Space is limited so call ahead to reserve your seat, 727-363-9245.

Jan 10 – Optimal Health with Good Blood Flow

Jan 24 – Medicare and How it Works for You

Feb 14 – Presentation from Palms of Pasadena

Feb 28 – Foundations of Investing

Mar 14 – Presentation from Palms of Pasadena

Mar 28 – Retirement: Making Your Money Last

Event Calendar



January

6th	Senior Excursion- Tarpon Springs: Epiphany Celebration and Sponge Docks	9am-4pm
13th	Senior Excursion- Tampa Outlets	9am-4pm
20th	Senior Excursion- Ringling Museum	9am-4pm
20th	Yard Sale	8am-12pm
27th	Senior Excursion- Dade City Kumquat Fest	9am-4pm
28th	Music In The Afternoon	2-4pm

February

3th	Senior Excursion- TECO Manatee Viewing and Channelside Dr	9am-4pm
10th	Senior Excursion-Florida State Fair	9am-4pm
17th	Senior Excursion-St. Armands Circle	9am-4pm
24th	Senior Excursion-Ybor City and the Columbia Restaurant	9am-4pm
24th-25th	100 Artist Show	10am-5pm
25th	Music In The Afternoon	2-4pm

March

3th	Senior Excursion-Florida Strawberry Festival	9am-4pm
10th	Senior Excursion-Ellenton Outlets	9am-4pm
17th	Beach Clean Up	9am-11am
24th	Senior Excursion-Bok Tower Gardens	9am-4pm
30th	Senior Excursion- Tampa Cuban Sandwich Fest	9am-4pm
25th	Music In The Afternoon	2-4pm
31st	Underwater Egg Hunt	10am-12pm

April

21st	Beach Goes Pops	12-10pm
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May

13th	Family Fun Day at The Pool	12-3pm
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